



# KENTUCKY NUTRITION EDUCATION PROGRAM

## 2021 ANNUAL REPORT: CALDWELL COUNTY

### OUR FOCUS

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program Education (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to acquire knowledge, develop skills, and change behaviors for improved health and well-being.

### OUR CHALLENGE

#### Poverty

According to U.S. Census estimates for 2020, the median household income in Kentucky is \$52,256, 20% lower than the U.S. median household income of \$65,712.<sup>1</sup> Kentucky also has higher percentages of overall and child poverty<sup>1</sup> and food insecurity<sup>2</sup> among its population compared to 2020 Census and Department of Agriculture estimates for the United States overall.

	Kentucky	U.S.
<b>Total Poverty<sup>1</sup></b>	16.0%	12.3%
<b>Child Poverty<sup>1</sup></b>	20.9%	16.8%
<b>Food Insecurity<sup>2</sup></b>	13.8%	10.5%

In 2020, an estimated 16.8% of Caldwell County residents overall lived in poverty, and an estimated 22 were residents under age 18.<sup>1</sup>

#### Obesity and physical inactivity

Today, 60% of all Americans live with at least one chronic disease. These include heart disease and stroke, cancer, and diabetes.<sup>3</sup> These diseases are all associated with obesity and physical inactivity. In 2020, Kentucky ranked



in the top five states in the country for obesity with a rate of 36.6% for adults.<sup>4</sup> The percentage of physically inactive Kentuckians is 32%, ranking it in the top seven most physically inactive states in the nation.<sup>5</sup> A large amount of data show that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.<sup>3</sup>

The County Health Rankings and Roadmaps Kentucky report shows that 36% of Caldwell County's adult population have obesity and 30% were physically inactive.<sup>5</sup>



## OUR SOLUTION

Provide hands-on nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2021, 9,979 contacts were made with Caldwell County residents who participated in nutrition education programming.

## OUR RESULTS

### IN CALDWELL COUNTY

#### Lifestyle improvements

In 2021, 92% of adult participants made a positive change in food group choices and 88% showed improvement in one or more food safety practices. In addition, 96% showed improvement in one or more food resource management practices and 71% made changes to be more physically active.



## OUR SUCCESS

### Families Focused on Healthy Habits

According to 2019 data from the County Health Ranking website, Caldwell County is ranked number 43 out of 120 counties. The Caldwell County SNAP-Ed (Supplemental Nutrition Assistance Program Education) senior assistant taught 50 limited-resource families how to serve more nutritious meals, keep foods safe, and use local food resources effectively. Almost 92% of SNAP-Ed families made a positive change. A little more than a third of the families, 34%, reported eating more fruit and vegetables each day, and drinking regular soda, fruit punch, fruit drinks, sweat tea, and sports drinks less often. More than half of families, 52%, increased the frequency of moderate physical activity for 30 minutes or more each week, strengthened muscles more days of the week, and made small changes to be active more often. Moving to food safety, 46% of families reported washing their hands more often before preparing food, cleaning items and surfaces more often after contact with raw meat or seafood, thawing frozen food at room temperature less often, and using a meat thermometer more often. Almost half of families, 46%, cooked dinner at home more times a week, compared food prices more often, planned meals before shopping more often, checked cupboards before shopping, and made a grocery list before shopping more often.



#### University of Kentucky Nutrition Education Program Family and Consumer Sciences Extension

##### SOURCES:

1. U.S. Census Bureau Small Area and Income Poverty Estimates 2020
2. United States Department of Agriculture Economic Research Service
3. CDC National Center for Chronic Disease Prevention and Health Promotion 2019
4. The State of Obesity Report 2020
5. CDC Behavioral Risk Factor Surveillance System

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

